



2006 HEALTHFEST MONTH

BNL'S CELEBRATION OF HEALTH, FITNESS, AND SAFETY!

The Essentials of Sleep:

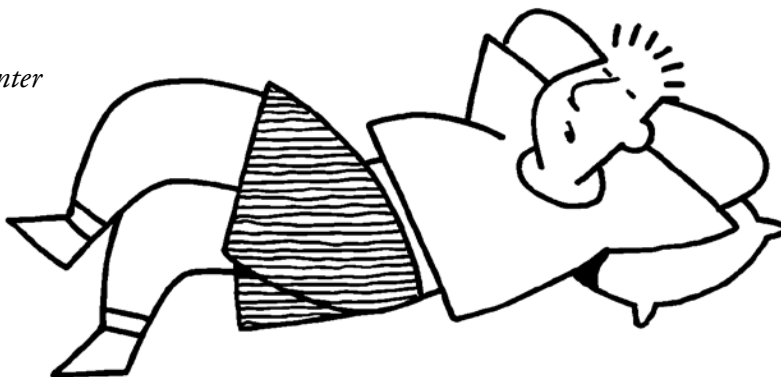
EVERYTHING YOU NEED TO KNOW ABOUT SLEEP

Presented by: Human Resources, Occupational Medicine Clinic and EAP

Thursday, October 19, 2006

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Associate Professor of Psychiatry,
Diplomate, American Board of Sleep Medicine,
Diplomate, American Board of Psychiatry
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KEY POINTS:

- Sleep architecture and fragmented sleep
- Temporary and chronic insomnia: causes and cures
- Disrupted sleep and alcohol use:
Is there a connection to depression?
- When and how to get help for a sleep problem

The Stony Brook University Hospital Sleep Disorders Center was established in 1979 and holds the distinguished record as being one of the oldest credentialled sleep programs in the U.S.

The Center is staffed by physicians who are sleep experts in Pediatrics, Neurology, Internal Medicine and Pulmonary Medicine.

12 noon - 1:00 p.m. — Berkner Hall Auditorium
Registration is required.



Please register me for

The Essentials of Sleep

Thursday, October 19, 2006

Name (please print clearly) _____

e-mail Address _____

Please return completed form to Linda DiPierro, Bldg. 490/OMC or dipierro@bnl.gov